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ABSTRACT

Materials on 11 topics presented at a winter workshop for Quebec outdoor educators have been compiled into this booklet. Action story, instant replay, shoe factory, sound and action, and find an object to fit the description are described and recommended as group dynamic activities. Directions for five games (Superlative Selection; Data Processing; Man, Spear, Tiger; Battleship, and Rain Storm) are given. References, materials needed, and activities for star-gazing are presented. Objectives, equipment needed, skills class organization, recommended reading, and two lessons on cross country skiing are outlined. Techniques for norpine skiing are summarized. Essential equipment for day, overnight, and extended ski touring expeditions is listed. The basic progression of and directions for alpine skiing turns are introduced. Seven phrases are cited as a short course in human relations. Fifteen cartoons are used to lampoon common cases of discourtesy on ski trials and are accompanied by suggestions for appropriate ski etiquette. Learning activities for studying snowflakes, snowdrifts, and animal tracks are included. (NEC)

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WINTER WORKSHOP

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MARCH 2-4

COEQ

CONSEIL DES ÉDUCATEURS DE PLEIN AIR
COUNCIL OF OUTDOOR EDUCATORS OF QUEBEC
c/o PAPT BUILDING, 84 J BRUNSWICK BLVD. DOLLARD DES ORMEAUX, QUEBEC H9B 2C3

Foreword

SNOW

The fenceposts wear marshmallow hats
On a snowy day;
Bushes in their nightgowns
Are kneeling down to pray -
And all the trees have silver skirts
And want to dance away.

Dorothy Aldis

DEDICATION

This booklet is dedicated to all the winter enthusiasts who understand why it is more fun to blow on a window pane in the winter than in the summer.

Katherine Snow

Preface

Council of Outdoor Educators of Quebec

presents a

Winter Week-end Workshop

March 2, 3, and 4, 1984 at

Base de Plein Air St. Jovite

Organizers and Instructors:

Katherine Snow, co-ordinator	Edinburgh School
Merritt Adams	Outdoor Recreation Consultant
Christopher Blair	Options I
Don Houston	Outremont High
Kathy Kealey	Courtland Park School
Sheila Macdougall	Dorset School
Walter Mingie	P.S.B.G.M. Consultant
Fred Promoli	Vanier College
Stuart Robertson	Champlain College
Nancy Walkling	Riverview School
Keith Wilkinson	John Abbott College

Additional Instructors:

George Jameson	Huggesson Hall
Gordon Redhead	Mountrose School

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Group Dynamics Activities

(or activities to get the group working together)

These activities are particularly good when pupils from different schools are together or members of the group do not know each other very well.

They are also just fun, even if everyone does know everybody else.

1. Action Story

Depending on the time of year, develop a story that suits the season. (Good for 10 - 40 people)

So its Easter-time! The leader asks the group to name things associated with Easter. Someone may say "Easter-bunny". The Leader's reply could go like this. "That's a good idea,now how could we indicate in pantomime (or maybe a word or two is permitted) Easter-bunny"? Some member of the group may stand up and put his hands behind his head to indicate long ears. The Leader then asks if that is acceptable to everyone, and if so, has everyone do it.

The next suggestion might be Easter egg. Again the group chooses an action for Easter egg.

Other suggestions might be chicken, candy, a cross, palms, etc. For each a suitable action is determined and practised.

The leader then makes up and tells a story incorporating the words. As each of the key words is said, everyone must make the action in unison. This can be a lot of fun and amusement for everyone.

After the Leader is finished his story, perhaps someone else will volunteer to tell a story incorporating the same words.

2. Instant Replay

This is a good game to get everyone involved, even the shy ones. It is also a good way of getting to know names.

Have the group, (6 - 25 players is fine), form a circle facing inwards. All players should then take three steps backwards to make a larger circle.

The Leader, in any manner he wishes, takes about three steps forward, makes some arm motion, and calls out his name, then quickly returns to his place in the circle.

Everyone else, in unison, immediately imitates the action of the Leader, calling out his name.

Then the player to the left of the Leader, in his own novel manner, moves forward, makes an arm motion and calls out his name. Again, everyone in unison, immediately imitates the action and calls his name.

This process continues clockwise around the circle until everyone has had a turn.

3. Shoe Factory

Here is one that is a lot of fun, but everyone needs to be wearing shoes. It is best if the shoes are not good ones and those with small feet wear slippers or boots.

All players form a circle facing inwards (8 - 10 is a good number per circle).

The Leader asks everyone to do as he does and says.

The Leader quickly kneels on one knee and yells out a word "AHOY". He then unties one shoe and quickly holds it above his head shouting "Kabush". He then throws the shoe into the centre of the circle and shouts again "MYGOSH".

This is repeated with the other shoe.

All players are then asked to put on (or put their toe into) a different left and right shoe, but not their own. Then all players are asked to put their feet together so that all shoes will be in pairs. This should eventually result in the formation of one or several small circles of players.

The game is now over, and the shoes may be returned to their rightful owners in a variety of ways. Use your imagination.

4. Sound and Action

Here's a good one to help build group spirit.

Divide the group into three of about equal numbers.

Each group is asked to decide on a sound and action for their group. Both sound and action must be done simultaneously and be very distinctive.

Each group is then asked to demonstrate their sound and action to the other groups. All three groups then, in unison, practise the sound and action of the other two groups.

Now we are ready to start the game.

The instructions are for each team to decide secretly which of the three sound and actions they will do, on the signal of the game leader. The idea being to try and do the same as another team, or better still, the same as both other teams. Points may be awarded if two teams come up with the same sound and action.

The game is repeated several times and is concluded when all three teams do the same sound and action together.

5. Find an object to fit the description

Divide the players into groups of three or four players each. Each group has a list of descriptions and a pencil.

The Leader then places a number of objects on a table. Each object will (with a little imagination) fit one of the descriptions.

The groups of players must work together to complete their lists.

RECORDING SHEET

OBJECT CONTEST

1. An athlete _____
2. To cover defeat _____
3. A game of hockey _____
4. Something to adore _____
5. Deer in winter _____
6. Common sense _____
7. Seen at a ball game _____
8. Bygone days _____
9. It's done in temper _____
10. A telegram _____
11. You'd do this with a sailboat _____
12. A conjunction _____
13. Your wife would love this coat _____
14. Don't make this of yourself (corny) _____
15. A disagreeable old woman _____
16. Something you do with gloves _____
17. Queel Elizabeth _____
18. A person from Finland _____
19. A couple of small pieces _____
20. A chunk of tobacco _____
21. A section of artillery _____
22. Roy Roger's dog _____
23. An inmate of a mental hospital _____
24. Mould together _____
25. To run suddenly _____
26. Strands of hair _____

GAMES FOR OUTDOOR EDUCATORS or what to do when it's raining

Superlative Selection

An ice breaker.Stencil a list of superlatives.Each participant must fill in the blanks according to their own tastes. Of course they meet a few new faces along the way.They must ascertain and remember one fact about each person whose name they have used.A list of 8-10 superlatives is sufficient.Try ones like bluest eyes,tightest jeans,most pleasant smile.

Data Processing

This is a silent activity(and could even be tried blindfolded).Students are challenged to form a line in alphabetacal order without talking.Also try birthdays,street numbers, phone numbers,.....

Man,Spear,Tiger

This is a variation on our childhood game of Stone,Paper, Scissors(see Trivial Pursuit,Sports & Recreation).Divide into two teams(6-10).There are three actions each team can select: 1.Tiger-raise arms using hands as claws-growl
2.Man-fold arms across chest-say "Hello"(like John Cleese)
3.Spear-hold fists together as if brandishing a spear -grunt

The outcome is Tiger kills Man
Man holds Spear
Spear kills Tiger

Each team huddles to decide which of the three signals they will choose.Teams line up facing each other.On leader's signal each side displays the signal chosen for that team. Play a fair number of games(first to 7 wins) as the real fun derives from trying to doublethink the opposition.

Battleship

A gym is ideal for this game but it can be adapted for an outdoor situation.The gym is a ship and nautical terms are used as directions.A whole mob can play.The last student to complete the direction is eliminated after each order.

Start with easy terms first and build up according to the level of the participants.I use this frequently as a closer to tire them out(hopefully!) and will be asked for Battleship if I forget.Some orders could be

Bow,Stern,Port or Starboard - the foor walls or perimiter
Crow's Nest - one foot in the centre circle
Up Periscope - lie on back,one leg in air
Boom Coming Over - face down,arms in front
Man The Lifeboats - straddle bench(or sit in designated area),arms in rowing motion
Clear The Decks - get off the floor entirely
Etc.

Rain Storm

An enchanting closing activity,the joy of which you will never experience unless you try it.Players form a circle and sit facing the centre.The leader walks around inside the circle facing each person in turn.The person who is facing the leader copies the leader's actions.

The sequence of actions is 1)rub hands together, 2)snap fingers, 3)slap thighs, 4)clap(thunder),and then reverse the procedure.The storm will materialize then abate.

STAR-GAZING MADE SIMPLE

Star-gazing is much more enjoyable when the constellations and individual stars can be identified by name and by the legends associated with them. The key is to learn to recognize one prominent constellation that is almost always present in the sky, establish "pointer" stars from there to another constellation, and build on that framework.

Very little equipment is required: a star chart showing locations and times of visible constellations; a small flashlight masked with a red filter, or paper, or model airplane paint; binoculars (optional). Overhead projector transparencies of portions of the sky, showing only the highlights of what will be visible, can be useful, or instead, large home-made posters or flip-charts.

By recounting the tales of mythological heroes, patterns become evident among the constellations, making it easy to recognize portions of the sky at a glance. The teacher should consult the star chart ahead of time. An easily understood source of extra information on planets, eclipses, etc, is the Abrams Planetarium Sky Calendar (see Reference List).

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* Available in the Dow Planetarium Montreal

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C R O S S C O U N T R Y S K I I N G

BY:

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C.A.N.S.I. INSTRUCTOR

CROSS COUNTRY SKIING

Cross Country Skiing has an excellent carry-over value - it offers healthy recreation to both sexes of all ages.

OBJECTIVES

a) To develop an awareness of the variety of winter enjoyment cross country skiing offers.

b) The development of skills necessary to enable one to participate comfortably.

EQUIPMENT NEEDED

a) Cross Country skis and bindings

b) Ski poles

c) Cross Country Ski boots

d) Ski preparation materials

SKILLS

a) Preparation of skis - An understanding of how and why skis require wax is necessary. A properly waxed ski will glide as long as it is in motion. Once the gliding stops or slows down, it is possible to apply weight and the ski will stand firm for a Kick-Off. This is the basic principle of Cross Country Skiing; Kick-Off and Glide.

b) Glide and Kick-Off (Diagonal Stride)

The body moves as it would using a fast walk or march step. Lean forward ready to plant the right pole, then with a slight, and rapid sinking in both knees begin your Kick-Off with the right ski; as your right leg is extended you should plant your right pole. During this sequence you have transferred your weight from right to left leg, now when the left ski glide ends, bring your right leg up to your left and Kick-Off with the left. This alternating action should be done in a smooth rythmical manner. The pole is merely an assist in this manoeuver. Most of the propulsion should come from the Kick-Off.

c) Up Hill

The diagonal stride can be used up hill as well. Use a shorter glide phase the steeper the hill. On steep hills use the herring bone, tracking turns, or side stepping.

d) Down Hill

Depending on the incline snow plow, step turns to tracking turns, or side step.

CLASS ORGANIZATION

Begin on a flat surface with 50 metre runs, then move to a circular track and a figure eight.

a) Practice Kick-Off and glide, diagonal stride without poles.

b) Practice turns, star turns (with tails and tips) and kick turns.

c) Practice double poling.

d) Find a small hill and try up and down hill techniques.

RECOMMENDED READING

a) Cross Country Skiing by Jean-Guy Bedard 1083 Van Horne, Montreal, Quebec H2V 1S6 (available at Arlington Sport Stores).

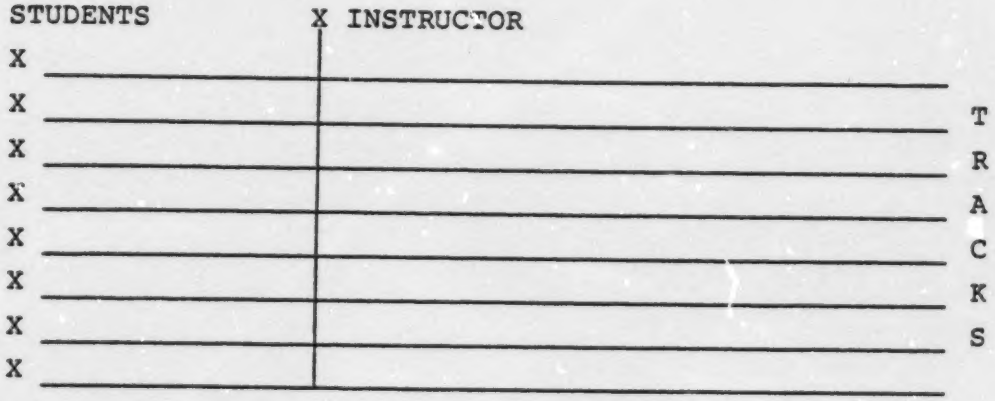
b) "The New Cross Country Ski Book" by John Caldwell, published by The Stephen Greene Press, Brattleboro, Vermont.

c) A Beginner's Guide to Cross-Country Skiing, by Ned Baldwin, published by Greywood Publishing Limited, 101 Duncan Mill Road, Don Mills, Ontario.

CROSS COUNTRY SKIING INSTRUCTION

LESSON I (on level)

Teaching Formation

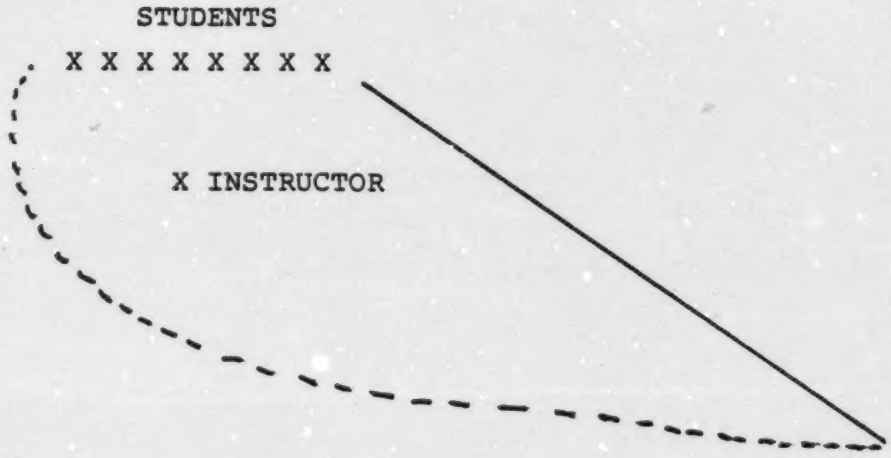


After making tracks about 50 metres long on level ground, the following is practised.

1. Walking without poles.
2. Diagonal skiing, glidding using poles (arms close to body, elbows bent, swinging across to front of body).
3. Turns: star turn both with heels then toes as the pivot point; laplander turn.
4. One step, double polling - 1, 2, 1, 2, etc.
5. Two step, double polling - 1, 2, 3, 1, 2, 3, etc.

LESSON 2 (on hill)

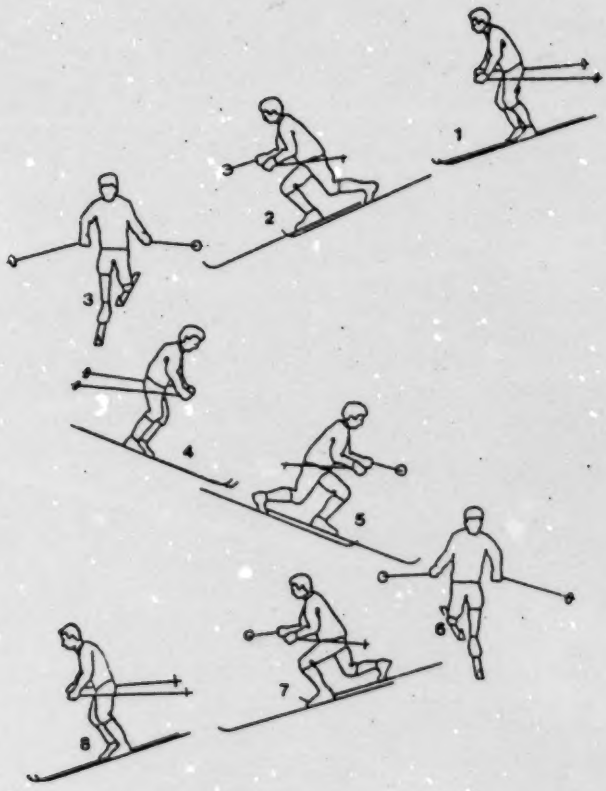
Teaching Formation



After packing a hill and making a track, the following should be practised.

1. Controlled downhill with a snowplow and snowplow turn.
2. Herringbone climb.
3. Straight down in the crouch position, with turn.
4. Straight climb up hill, using poles properly.
5. Telemark into deep snow (upper ski in front).
6. Sidestepping to climb.
7. Step turn to the left and right.

N O R P I N E S K I I N G



BY:

KEITH WILKINSON
C.A.N.S.I. INSTRUCTOR

NORPINE SKIING KEITH WILKINSON.

As the name suggests, this is a mix of Alpine and Nordic skiing techniques, equipment and facilities. The sport is becoming extremely popular in Eastern Canada where there are few long downhill runs for Nordic skiers to practice their skills. The ski equipment used is Nordic: Skis with sidecut, metal edges, heavier touring boots and 75mm bindings(but ordinary touring or light touring gear can be used until you are bitten by the Norpine bug and decide to buy all that technical stuff); cross country ski clothing is«de rigueur»- the woollier the better - to distinguish yourself from the slick, sleek, hot clothing of the Alpine skiers; skis must have safety straps, to protect other skiers from runaway skis; then finally, we come to the hill itself. The Norpine skier forsakes the quiet of the woods for a while, and endures the heavy rock music, to practice telemark turns, christiana turns and downhill technique where it takes little time and effort to get back up to the top of the hill. Ski tows do have their uses sometimes.
At Mont Blanc we'll look at why most nordic skiers ski downhill in straight lines. Why they use the step turn, or a prayer and a skate turn, if they are more experienced. Why they usually fall over if they have to make a turn in powder snow. And, we'll see what we can do to improve the situation. We'll start with the Telemark turn and look at how to run any snow conditions and how to remain in control.

Control is fundamentally what proper technique imparts, and is directly related to safety. Being capable of controlling what you are doing on your skis for the snow conditions and terrain you are experiencing creates confidence, while minimizing the risk of an injury. There is an inherent risk in skiing, regardless of how much control a skier possesses, but good control on the part of a skier reduces that risk to a very acceptable level. The more control that a skier exhibits, the more varied the terrain that can be encountered without resorting to falls, or reckless skiing.

The Telemark Turn

Purpose:

- The telemark turn is an effective way to change direction while descending. It is particularly suited to deep, soft, or difficult snow such as breakable crust.
- The telemark turn is unique to nordic skiing because its execution takes advantage of the full heel lift and freedom of movement allowed by cross country ski equipment.
- The telemark position provides a high degree of fore and aft stability with some sacrifice of lateral stability.
- The telemark turn is carved, rather than skidded. On nordic equipment, a carved telemark is usually easier to attain than a carved parallel turn.
- The telemark turn can be taught as a progression from the diagonal stride, a technique which all cross country skiers should be familiar with.

Mechanics

- The turn is initiated by striding one ski forward and steering it slightly across the path of the other ski. This is accompanied by a positive weightshift onto the forward ski.
- The forward ski is the outside ski. The tip of the rear ski is positioned just ahead of the leading boot.
- The upper body remains nearly vertical (upright). The skier should be able to feel an "arch" in his back.
- A low body position is assumed throughout the turn. The leading leg is bent such that the knee is forward of the ankle. The leading foot is flat on the ski. The rear thigh is in line with the upper body, while the lower leg is held approximately parallel with the rear ski (slope). The rear knee angle, therefore, is nearly 90 degrees on level terrain and decreases in proportion to the steepness of the slope. The rear heel is raised completely off the ski.
- Inclination of the lower body and angulation of the torso aid in edging and pressure control. These are essential ingredients for smooth, tight, carved turns.
- The positioning and edging of the forward ski are controlled by steering the knee into the turn. The rear ski is edged in the same plane as the leading ski.
  At the start of the turn, the rear ski is at a 15-25° angle relative to the forward ski. It is lightly weighted and naturally follows the arc of the front ski. No effort is made to hold the rear ski at a specified angle and it is easily steered parallel to the leading ski at the end of the turn.

- The Telemark pole plant occurs in exactly the same phase as in the diagonal stride — at the initiation of the weightshift. This rhythm can then be carried through to the other downhill techniques such as the christie turns.
  The arms are slightly bent and should be held forward and slightly to the sides (see CANSI p. 41).[5] Arms held too straight out to the side will not provide much stability or support and do not aid in the anticipation of the turn. There is some risk of injury if the arms are held too straight ahead. It should not be necessary to plant the pole more than once per turn.
- Linking turns. As one Telemark turn is finished, the skier naturally eases off the edging of the forward ski by reducing the inward turning of the lead knee. The rear ski swings parallel to the forward ski, then strided forward and steered across the path of the other ski until the skier again assumes the Telemark position.
  The skier maintains a very low body position throughout the changeover. The low position is more stable and allows more rapid linking of turns. Between linked turns, the skier rotates his head and shoulders in anticipation of the new turn.

Adapting the Telemark To Various Conditions

- **On hardpack or icy crust**
  Here, most of the body weight must remain on the front ski throughout the turn to prevent it from side slipping out of control.
- **In deep powder**
  After the initiation of the turn, a portion of the weight should fall back onto the rear ski. Steering the rear ski parallel to the lead ski and strong edging of the rear ski complete the turn.
  The track of an expert Telemarker appears to be made by a single ski with only a slight widening of the track in the transition between turns.
- **Breakable crust, windslab, or very heavy wet snow**
  Use the **Step Telemark** variation. At the completion of one turn, the rear ski is lifted clear off the crud, carried forward past the other ski, turned diagonally across the path of the other ski and then forcefully weighted to rapidly initiate the new turn. The weightshift onto the front ski must be complete and fast.

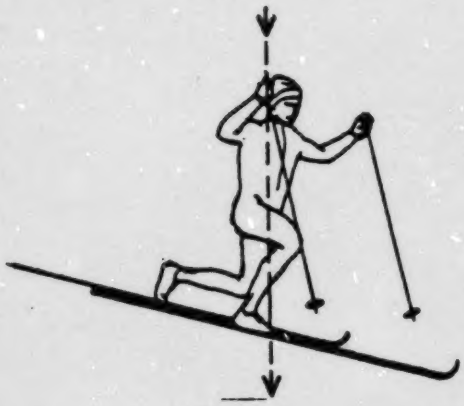


Figure 1

1. Upper body nearly vertical.

2. Arms slightly bent and held forward and slightly to the side.

3. Leading leg is bent such that the knee is forward of the ankle.

4. Thigh of the rear leg is in line with the upper body; lower leg is parallel to the rear ski, rear heel raised.

5. Tip of rear ski very slightly ahead of front boot.

Figure 2

6. Upper body rotated in anticipation of the next turn.

7. Inclination and angulation present.

8. Forward knee steered into the turn controls edging of front ski.

9. Rear ski is edged in the same plane as the front ski.

Common Faults

- Failure to assume Telemark position ... turning accomplished by an awkward snowplow.
  Correction Have the student practise the telemark position while standing still, while straight running, then while turning — emphasize the striding — weight shifting motion.
- Weight too far back — leading ankle pushed ahead of the knee of the forward leg.
  Result Poor turn initiation and absence of carving action.
  Correction Have the skier concentrate on shifting his weight forward rather than pushing the ski ahead. Point out that the knee of the forward leg should be ahead of the ankle.
- Weight too far back — skier squatting on rear leg.
  Result Poor turn initiation. Backwards fall.
  Correction Practise correct Telemark position, emphasize weightshift onto forward ski. Have the student concentrate on keeping the rear thigh in a line with the upper body.
- Torso hunched forward.
  Result Lack of control of rear ski. Fall by tipping to one side or the other.
  Correction Encourage an upright upper body position by having the student feel as if he is arching his back.
- Rear ski crosses behind forward boot.
  Result Face plant type fall.
  Note
  May be due to skis being too short!
  Usually due to either
  - insufficient bending of the rear knee while extending the leg back
  - or due to improper positioning of the forward leg.

  Correction Practise Telemark position, with emphasis on bend of forward knee and position of the thigh of the rear leg.
- Skis cross over the tips between turns.
  Often the result of incorrect edging of the rear ski (from using a snowplow progression to the Telemark).
  Correction Ensure that proper weightshift occurs during the first turn ... this will allow the rear ski to naturally follow the lead ski until the skis are parallel at the end of the turn. Then practise the striding — steering — weightshift movement that places the rear ski ahead of the ski that was forward during the last turn.

Notes are taken from TOUR LEADER MANUAL, Edited Keith Wilkinson (Ottawa: Cross Country Canada: 1983)

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S K I T O U R I N G

Competent leaders will have studied, and practised up-to-date techniques and skills beyond the highest level of activity in which they expect to engage. The following information is intended to assist novice adventurers in the planning of day, overnight or extended tours. There are no substitutes or short-cuts to personal preparedness and training. KNOW BEFORE YOU GO.

TEN ESSENTIALS

Always carry 10 ESSENTIALS when on an outing (this means on you or in a small rucksack).

1. Map and Compass (Know how to use the topographic 1:50,000 map and believe in your compass).
2. Flashlight (spare bulk/batteries).
3. Firestarter (candle)
4. Matches (waterproof-dipped in finger nail polish or liquid wax).
5. Plastic Sheet (shelter 4' x 8' ultra light).
6. Knife.
7. Whistle.
8. Extra food, clothing (high calories, wool for warmth).
9. First Aid Kit.
10. Sun Protection (sunglasses, sunscreen, hat).

In addition, carry recommended items for your activity.

OUTING EQUIPMENT LIST

Note that the main list is for backpackers. Additional required items are listed for mountaineers, skiers and snowcampers. Be sure to check the optional list for useful but non-essential items. Be sure that everything fits comfortably, and recheck the list very carefully. *You will probably be carrying some group gear, so leave room in your pack and bring ample cord or attachment straps.*

REQUIRED ITEMS

1. Boots
2. Wool sox (to wear)
3. Wool sox (complete change)
4. Wool layer for the legs (long pants, knickers & sox, or long johns)
5. Wool layer for the top (shirts and/or sweaters)
6. Warm parka (down or synthetic)
7. Raingear (substantial fabric, hood to ankles)
8. Wool hat (must cover ears)
9. Warm gloves or mittens (wool preferred)
10. Sunglasses
11. Sunscreen
12. Waterbottle (1 qt. bring full)
13. Flashlight
14. Waterproof matches
15. Pocket knife
16. First aid kit (small, including bandaids & moleskin)
17. Cup and spoon
18. Sleeping bag (2" or greater top layer thickness)
19. Sleeping pad
20. Food
21. Notebook & pencil (pocket size)
22. Day pack
23. Large pack (to carry all of the above plus group gear)
24. Map and compass
25. Whistle

You must also arrange for shared access to:

26. Shelters
27. Stoves
28. Fuel

Mountaineers Additional requirements include:

1. Gaitors (high preferred)
2. Turtleneck or other neck covering
3. A large day pack, if your overnight pack is not suitable for climbing
4. Two hand coverings, including wool mittens
5. Ice axe (to instructor's specifications)
6. Sling material (to instructor's specifications)

Snowcampers Additional requirements include:

1. "Mountaineers" items 1, 2 and 4
2. Skis, boots, poles & wax, or snowshoes (poles optional)

Skiers additional requirements include

1. "Mountaineers" items 1, 2 and 4
2. Skis, boots, poles and wax
3. Emergency shelter (small tube tent, tarp, or "space" blanket)
4. A large day pack

OPTIONAL ITEMS

1. Liner sox
2. Camp shoes
3. Emergency shelter
4. Toilet paper
5. Personal medications
6. Extra batteries & bulb
7. Headlamp
8. Candles & lantern
9. Repair kit (tools, wire, tape)
10. Nylon cord (50' x 1/8")
11. Handkerchief
12. Binoculars
13. Camera
14. Film
15. Gaitors
16. Sun hat

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GROUP REPAIR KIT

Pliers
Changeable screwdriver with extra large handle
Assorted screws
Wire
Tape
Spare basket
Spare bindings
5 minute epoxy
Glass Fibre tape 5 cm wide
15 - 20 metres nylon parachute cord (3 mm)
Ripstop repair sticky tape
Needles, thread, square of strong fabric for patches
Spare ski tip

Source: Canadian Ski Association Tour Leader Manual 1979, Reprinted 1983

INFORMATION SOURCES ON CROSS-COUNTRY SKIING

1. Resource Books, Manuals, etc.
   - Local bookstores, libraries
   - Skiing equipment retail outlets

2. Maps
   - Federal Parks : Contact Supply and Services Canada
   - Provincial Parks : First obtain Cross-country Skiing and Snowshoeing in Quebec, a directory available from Ministère du Loisir, de la Chasse et de la Pêche, Casse postale 22000, Québec, G1K 7X2. Free. Then write to individual Facilities. (May also be obtained in person at the Québec Government bookstore, Complex DesJardins, 150 Ste-Catherine W.

     Tel. No.: 873-6101
   - City Parks in Montreal - Many parks have trails (Mount Royal, Angrignon, LaFontaine, Thomas Chapais, Ile Notre Dame/Ile Ste-Heléne). Obtain maps from the City of Montréal.
   - Topographic Maps - See "Maps" or "Cartes géographiques" in the Yellow Pages of telephone directory.

3. Training and Certification Programs

- Fédération Québécoise de la Montagne
  1415 Jarry E, Montreal. Tel. No.: 374-3671

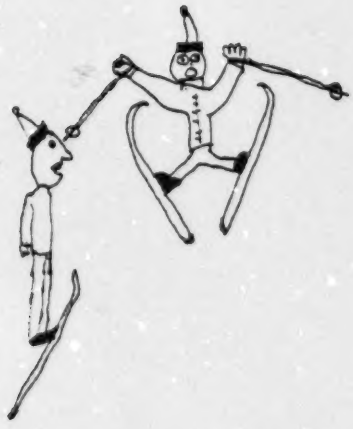
- Fédération Québécoise de Camping et de Caravaning, 1415 Jarry E., Montreal.
  Tel. No.: 374-4700

- Canadian Ski Association - Tour Leader Course. Contact C.S.A. National Office, 333 River Road, Ottawa, K1L 8B9.

4. Facilities

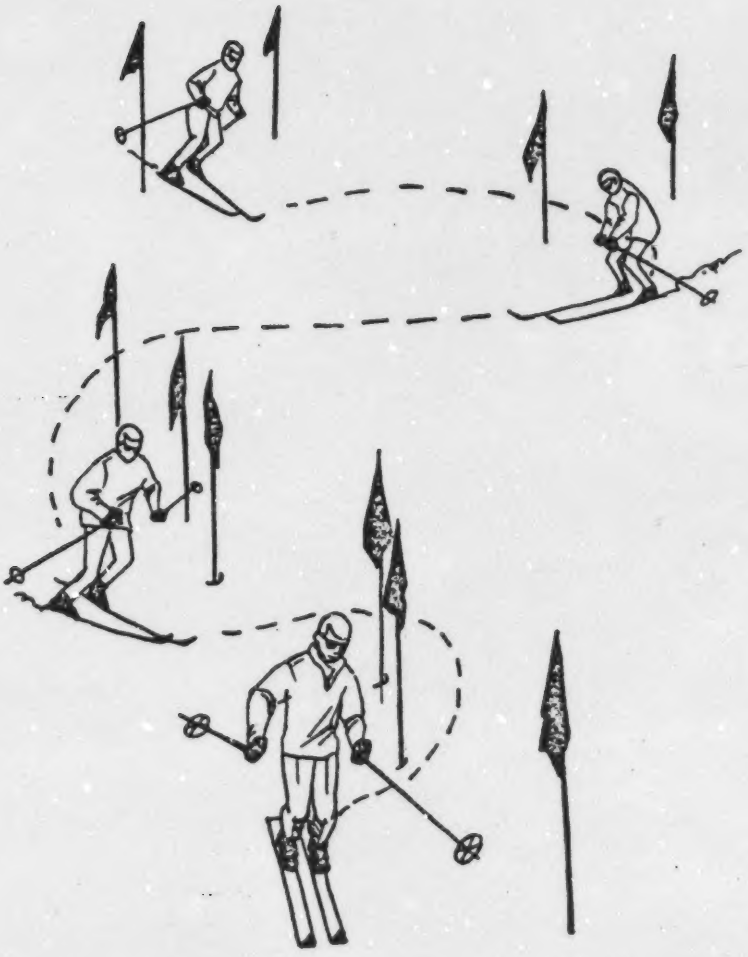
- Private; Check with Y.M.C.A., camps, ski centres, rural hotals. Also consult the Cross-Country Skiing and Snowshoeing in Québec (details previous page)

- Public; Parks, reserves, interpretation centres.



AN INTRODUCTION TO

A L P I N E S K I I N G



BY:

STUART ROBERTSON
C.A.N.S.I. INSTRUCTOR

AN INTRODUCTION TO ALPINE SKIING

by

Stuart Robertson

Perhaps Alpine Skiing can best be described as " controlling the exhileration of sliding downhill by turning your skis".

There are various stages in turning your skis, the ultimate being fast parallel turns in a mogul field.

In order to reach this level of achievement, certain basic body positions must be learnt and become second nature through practice. These body positions are apparent from the first ever attempt at sliding and turning. A sound progression of drills will create in the skier certain " good habits" which, if they endure, will be invaluable at all levels of skiing. Most intermediate skiers taking instruction spend much of their time correcting bad habits they picked up from watching other skiers without a true understanding of the body mechanics taking place. A common example of this is the skier who moves his skis in a flat sliding parallel turn by throwing his rear end from side to side. Although seemingly successful, he soon realizes something is wrong when confronted by ice or moguls.

The C.S.I.A. suggests the following progressions for teaching a non skier from scratch to parallel turns. They have been adapted for use in large classes of adults.

LIST OF PROGRESSIONS

Straight Running

Straight running on small bumps and holding snow plough position

Snow plough exercise

Snow plough stop

Snow plough turn left and right and linked

Snow plough glide turn

Traverse

Traverse and stem exercise

Traverse and stem turn with glide (or elementary christie)

.../2

LIST OF PROGRESSIONS Cont'd.....

Side slipping
Pole plant and use of pole in turn
Elementary parallel with poles
Hop parallel
Parallel turns

EXPLANATION OF PROGRESSIONS

Straight Running

Standing comfortably on both skis - knees pushed forward - slide down a gentle slope with a natural run-out to stop.

Straight Running on Small Bumps and Hollows

As above, but when going over small bumps, bend the knees to absorb them maintaining a natural relaxed position on the skis, equal pressure should be felt on the complete sole of each foot at all times.

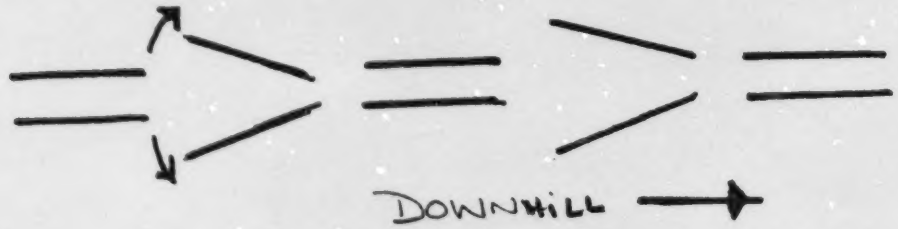
Snow Plough Position

Standing on flat ground, gradually move the tail of the skis out leaving the tips in their normal straight running position. Practice pushing the heels of both feet outwards to maintain or increase the width of the wedge made by the skis. Continue to push knees forward at all times.

EXPLANATION OF PROGRESSIONS Cont'd....

Snow Plough Exercise

Back on the straight running terrain, start moving with skis straight about 8" apart. As you are sliding downhill push the skis apart at the tails by applying pressure with the heels and lowering the body. Then allow skis to slide back together again. Repeat out and in sequence as many times as possible until you run out of slope.



Snow Plough Stop

As above, but on one of the heel pushes, sink lower and continue the pressure with the heels until the " V" formed by the skis brings you to a gradual stop.

Snow Plough Turn

Start in snow plough position facing downhill. Allow your skis to start sliding in the snow plough position. If you wish to turn left, increase the pressure on the right ski with the right foot. Remember to maintain a relaxed position on your skis with knees pushed forward. (To turn right apply pressure with left foot).

Snow Plough Guide

At the end of one of your turns in the snow-plough position allow the uphill ski to slide back to the parallel position beside the downhill ski in order to do this you rotate your uphill knee slightly into the hill (" un-hooking") so that the inside edge of the ski does not catch in the snow.

Traverse

Facing at approximately 45° across the slope, i.e. not straight across and not directly downhill, put both skis parallel and hip width apart. Give a gentle push with your poles to start sliding. As you slide look downhill and allow your shoulders to follow your head. Most of your weight should be on the downhill ski. To stop, make a snow plough stop or a snow plough turn to face back across the slope.

Stem Exercise

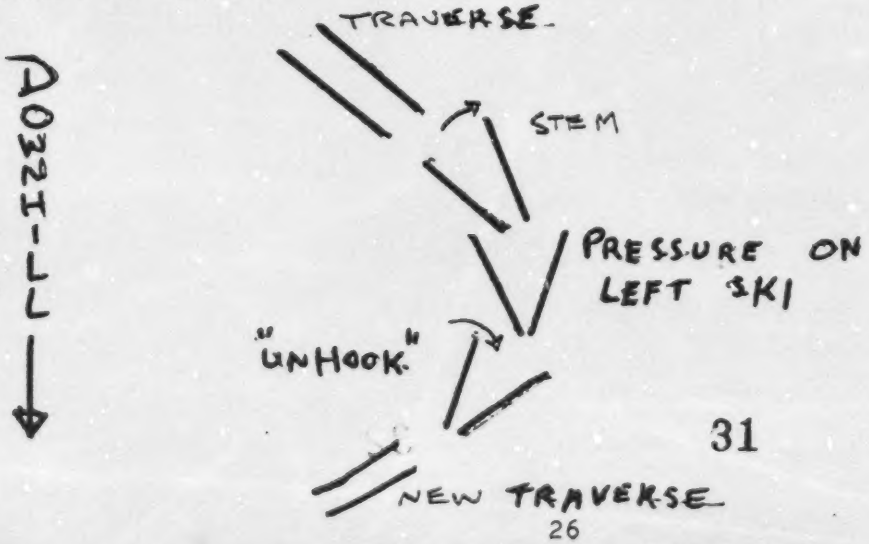
In traverse position start sliding. Squeeze the unweighted uphill ski out into a small snow plough and then unhook it to allow it to slide back. Repeat many times using the left ski to stem when it is the uphill ski and then the right ski in the other direction.

Terminology

The "Fall Line" of a hill - The direction a tennis ball would roll on smooth grass if allowed to drop from where you are presently standing.

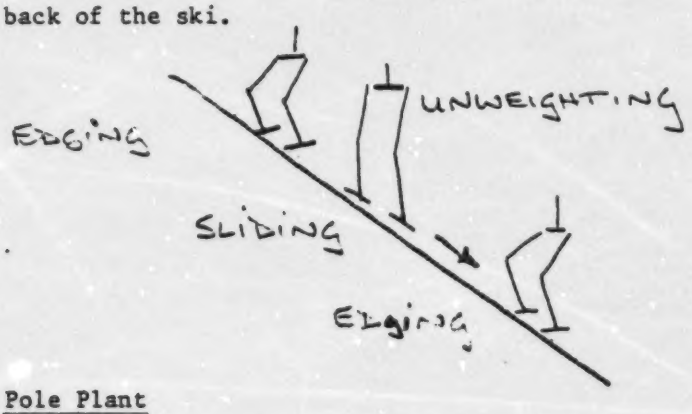
Elementary Christie (Slide) Turn

Start in traverse position, cross the slope at approximately 45° to fall line. When you decide to turn, stem the uphill ski out and put pressure on it. This will turn you into the fall line. Maintain your ski position and pressure on the ski until you cross the fall line in the new direction. Then allow the other uphill ski to slide back into a parallel position and continue to traverse.



Side Slipping

On a fairly steep slope stand with both skis across the hill. At first, use poles for balance. Put your knees into the hill so that the uphill edge of each ski bites into the snow and prevents slipping. Bend knees forward then project yourself upward thereby releasing the edges that were preventing you from side slipping. Allow the skis to slide at the same time lower yourself back to your normal relaxed position on the skis - knees forward - stop the sliding by rotating the knees and therefore the edges back into the hill. Do this on both sides. If you find the tips of the skis sliding faster than the tails, your weight is too far forward. If the tails slide faster than the tips you have too much weight on the back of the ski.



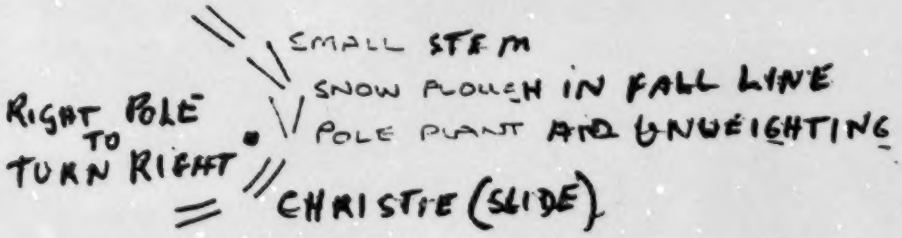
Pole Plant

The poles have two basic uses. The most important being to initiate the unweighting of the skis during a turn. The other, to assist with balance.

Stand across the hill on both skis, bend the elbow into a right angle, this will lift the pole a few inches from the snow. Plant the pole by bending forward at the knees and slightly forward at the waist (do not extend the elbow). The tip of the pole should be placed in the snow a few inches in front of the feet and slightly to the side of the ski depending on the terrain. To retract the pole project yourself upwards (unweighting your skis) at the knees and waist and then return to your normal relaxed position. You plant your right pole when turning right and vice versa.

Elementary Christie with Poles

Review elementary christie but with the following addition. Stem the uphill ski out to turn into the fall line. When in the fall line in snow plough position plant the pole and immediately retract it by an upward extension of the knees. This will cause the skis to be unweighted momentarily and will allow the new uphill ski to slide down to the other and both skis to slide until it is stopped by rolling the knees into the hill.



Hop Parallel - 1st review straight running on a steep slope

Stand on both skis pointing downhill on a steep slope. Let the skis slide, as they are sliding extend vigourously with the knees so that the skis come right off the snow. Land gently absorbing the shock with the knees. (A Hop i.e., complete unweighting).

Next run, when the skis are off the snow turn the feet approximately 20° from the fall line, land gently and allow the skis to slide. Do this exercise to the left and right, then link left and right turns together each time unweighting by hopping. Introduce the pole plant to initiate the hop.

Remember: Right pole for right hop and vice versa.

Parallel Turns

Start in a traverse - bend down by pushing the knees forward and bending slightly at the waist in order to plant the pole. Retract the pole and look in the direction you wish to turn. As the pole is retracted and the skis unweighted turn your feet and knees in the new direction and roll the skis onto their new edge. Bend at the knees once again to prepare for the next turn and also to continue the sliding motion of the skis. As the slope gets steeper you may not wish to slide at the end of each turn. To stop this slide rotate the knees further into the hill and ride the uphill edge of each ski(i.e., carving a turn).

GOOD LUCK!!!

Stuart Robertson

/bjk

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The seven most important words in the english language are;

- I made a mistake and I'm sorry

The six most important words in the english language are;

- You did a very good job

The five most important words in the english language are;

- And what is your opinion

The four most important words in the english language are;

- How can I help ?

The three most important words in the english language are;

- If you please

The two most important words in the english language are;

- Thank you

The least important word in the english language is;

- I

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Trail Etiquette

How many times have you encountered examples of carelessness and thoughtlessness on the trail? Often enough to shake your faith in mankind and leave you in a state of depression? Believing that laughter is the best medicine, we have asked Calgary cartoonist Doug Bevan to lampoon some of the more common cases of trail discourtesy.

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Don't park on the trail

If you stop to eat, to add or remove clothing, or to take pictures, step off the trail so that other skiers will not have to detour around you. This is especially important on blind corners on downhill stretches of trail!

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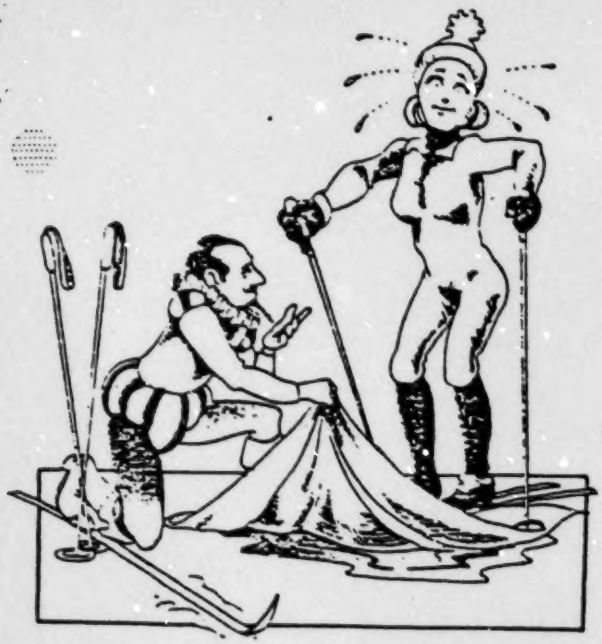
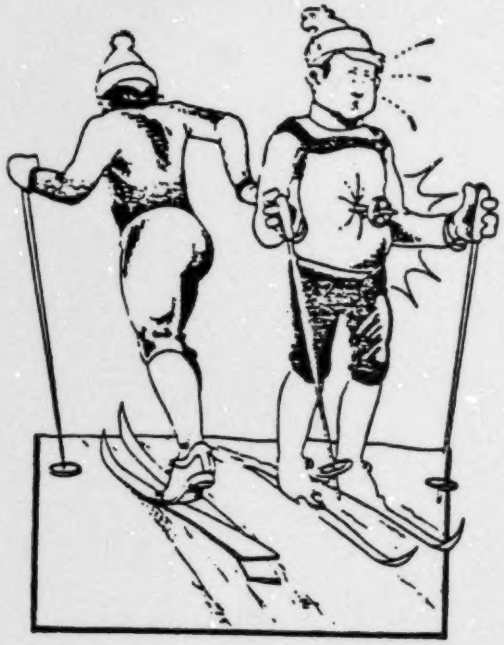


Lend assistance when needed

A little help, whether it be wax, food, advice, or encouragement can make the difference between a pleasant outing and a disillusioning experience. If you come upon skiers who look like they would appreciate some assistance, don't hesitate to offer yours. Maybe some day they will be able to return the favour.



Watch your poles when passing

Make a special effort when passing to tuck your poles out of the way.

Skiers going downhill on a trail have the right of way

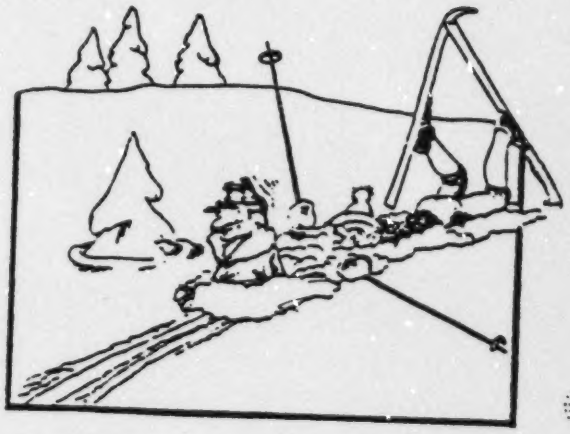
It's much easier for a skier going uphill to step off the trail, particularly in tight quarters, than it is for the faster skier headed down.

Don't let the trail go to the dogs

No other aspect is as likely to induce the cries of indignity as the subject of dogs on the trail. Large dogs especially, can damage a trail to the point of making skiing for any following individuals unpleasant. If you insist on taking Fido on a ski trail, pack a snowshovel. There are few things as annoying as having to remove brown klister from your skis.

Don't be a track hog

If another skier catches up to you on a single trail, have the courtesy to step off the trail rather than forcing him to pass on the unbroken snow beside the trail.



Don't Walk on the Trail

Walking on trails, especially in soft snow, DESTROYS them.

Don't litter, voluntarily or involuntarily

Help keep the trail clean. Pack out your garbage, and tie your pack so that the contents are not accidentally deposited on the trail.

ENVIRONMENTAL STUDIES

A. SNOW FLAKES

PURPOSE: To collect snowflakes and study their shapes.

MATERIALS: One piece of black paper, a hand lens.

PROCEDURE: Go outside and let some snowflakes fall on your piece of black paper. Using the hand lens study the shape of the flakes. In the spaces below draw pictures of two of the snowflakes that you saw.

B. PROFILE of a Snowdrift

PURPOSE: To determine the interior form of a snowdrift.

MATERIALS: A snow shovel, meter stick, thermometer.

PROCEDURE: Dig a trench into a snowdrift, one meter wide. Study the layers in the drift and fill in the chart below.

No. of layer	Depth of Layer	Color of Layer	Temp. of Layer

ANIMAL TRACKS IN WINTER

In the space below draw pictures of the animal tracks that you saw while you were skiing. Don't forget to identify each one.

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HELP